

I hereby claim:

1. An intervention strategy for animals, including humans, comprising:
 - (a) withholding all food for at least 5 days, except for tropical root crops; and
 - (b) feeding a concentrated form of tropical root crops for at least the five day period.
2. The method of claim 1, wherein the patient is also isolated from environmental allergens during said withholding and feeding steps.
3. The method of claim 1, further including isolating the patient from environmental allergens subsequent to said withholding steps.
4. The method of claim 1, wherein said withholding and feeding steps extend for at least seven days.
5. the method of claim 1, comprising feeding foods from the same taxonomic family as the tropical root crops once every seven days following said initial feeding step.
6. The method of claim 5, comprising introducing unusual foods that the patient has eaten only once or twice in a year period.
7. The method of claim 6, wherein said unusual food is selected from meat, oil, fats, and combinations thereof.
8. A method of treating a patient affected with a symptom or condition selected from the group consisting of autism, anxiety, arthritis, asthma, colic, congestion, diabetes, digestive upsets, irritable bowel syndrome, eczema, fatigue, migraine headaches, multiple sclerosis, seizures and rashes in animals, including humans, said method comprising the steps of:
 - (a) withholding all food from said patient for a period of at least five days, except for a concentrated form of a tropical root crop;
 - (b) feeding a concentrated form of a root crop selected from the group consisting of white sweet potato, malanga, cassava, true yam, water chestnut, arrowroot, and lotus for a period of at least five days to said patient;whereby reducing or eliminating said symptoms or condition from said patient.
9. The dietary intervention strategy of claim 8, wherein said diet eliminates all supplements except mineral calcium.